

Full Report (All Nutrients) 09144, Jackfruit, raw [a](#)

Report Date: June 30, 2017 11:37 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:72% Refuse Description: Seeds and skin

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sliced 165g	1 cup 1" pieces 151g
Proximates						
Water 1	g	73.46	2	--	121.21	110.92
Energy	kcal	95	--	--	157	143
Energy	kJ	397	--	--	655	599
Protein 1	g	1.72	2	--	2.84	2.60
Total lipid (fat) 1	g	0.64	2	--	1.06	0.97
Ash 1	g	0.94	2	--	1.55	1.42
Carbohydrate, by difference	g	23.25	--	--	38.36	35.11
Fiber, total dietary 1	g	1.5	2	--	2.5	2.3
Sugars, total 1	g	19.08	2	--	31.48	28.81
Sucrose 1	g	0.42	2	--	0.69	0.63
Glucose (dextrose) 1	g	9.48	2	--	15.64	14.31
Fructose 1	g	9.19	2	--	15.16	13.88
Lactose 1	g	0.00	2	--	0.00	0.00
Maltose 1	g	0.00	2	--	0.00	0.00
Galactose 1	g	0.00	2	--	0.00	0.00
Starch 1	g	1.47	2	--	2.43	2.22
Minerals						
Calcium, Ca 1	mg	24	2	--	40	36
Iron, Fe 1	mg	0.23	2	--	0.38	0.35
Magnesium, Mg 1	mg	29	2	--	48	44

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Phosphorus, P 1	mg	21	2	--	35	32
Potassium, K 1	mg	448	2	--	739	676
Sodium, Na 1	mg	2	2	--	3	3
Zinc, Zn 1	mg	0.13	2	--	0.21	0.20
Copper, Cu 1	mg	0.076	2	--	0.125	0.115
Manganese, Mn 1	mg	0.043	2	--	0.071	0.065
Vitamins						
Vitamin C, total ascorbic acid 1	mg	13.7	2	--	22.6	20.7
Thiamin 1	mg	0.105	2	--	0.173	0.159
Riboflavin 1	mg	0.055	2	--	0.091	0.083
Niacin 1	mg	0.920	2	--	1.518	1.389
Pantothenic acid 1	mg	0.235	2	--	0.388	0.355
Vitamin B-6 1	mg	0.329	2	--	0.543	0.497
Folate, total b 1	µg	24	1	--	40	36
Folic acid	µg	0	--	--	0	0
Folate, food 1	µg	24	1	--	40	36
Folate, DFE	µg	24	--	--	40	36
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE 1	µg	5	2	--	8	8
Retinol	µg	0	--	--	0	0
Carotene, beta 1	µg	61	2	--	101	92
Carotene, alpha 1	µg	6	2	--	10	9
Cryptoxanthin, beta 1	µg	5	2	--	8	8
Vitamin A, IU 1	IU	110	2	--	182	166
Lycopene 1	µg	0	2	--	0	0
Lutein + zeaxanthin 1	µg	157	2	--	259	237
Vitamin E (alpha-tocopherol) 1	mg	0.34	1	--	0.56	0.51
Tocopherol, beta 1	mg	0.03	1	--	0.05	0.05
Tocopherol, gamma 1	mg	0.00	1	--	0.00	0.00
Tocopherol, delta 1	mg	0.00	1	--	0.00	0.00
Lipids						
Fatty acids, total saturated	g	0.195	--	--	0.322	0.294

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4:0	g	0.000	--	--	0.000	0.000
6:0 1	g	0.000	1	--	0.000	0.000
8:0 1	g	0.000	1	--	0.000	0.000
10:0 1	g	0.028	1	--	0.046	0.042
12:0 1	g	0.004	1	--	0.007	0.006
14:0 1	g	0.004	1	--	0.007	0.006
15:0 1	g	0.002	1	--	0.003	0.003
16:0 1	g	0.131	1	--	0.216	0.198
17:0 1	g	0.002	1	--	0.003	0.003
18:0 1	g	0.011	1	--	0.018	0.017
20:0 1	g	0.004	1	--	0.007	0.006
22:0 1	g	0.004	1	--	0.007	0.006
24:0 1	g	0.004	1	--	0.007	0.006
Fatty acids, total monounsaturated	g	0.155	--	--	0.256	0.234
14:1 1	g	0.004	1	--	0.007	0.006
15:1 1	g	0.000	1	--	0.000	0.000
16:1 undifferentiated 1	g	0.024	--	--	0.040	0.036
16:1 c 1	g	0.024	1	--	0.040	0.036
16:1 t 1	g	0.000	1	--	0.000	0.000
17:1 1	g	0.000	1	--	0.000	0.000
18:1 undifferentiated 1	g	0.127	--	--	0.210	0.192
18:1 c 1	g	0.127	1	--	0.210	0.192
18:1 t 1	g	0.000	1	--	0.000	0.000
20:1 1	g	0.000	1	--	0.000	0.000
22:1 undifferentiated 1	g	0.000	--	--	0.000	0.000
22:1 c 1	g	0.000	1	--	0.000	0.000
22:1 t 1	g	0.000	1	--	0.000	0.000
24:1 c 1	g	0.000	1	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.094	--	--	0.155	0.142
18:2 undifferentiated 1	g	0.015	--	--	0.025	0.023
18:2 n-6 c,c 1	g	0.015	1	--	0.025	0.023
18:2 CLAs 1	g	0.000	1	--	0.000	0.000

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18:2 t not further defined 1	g	0.000	1	--	0.000	0.000
18:3 undifferentiated 1	g	0.079	--	--	0.130	0.119
18:3 n-3 c,c,c (ALA) 1	g	0.079	1	--	0.130	0.119
18:3 n-6 c,c,c 1	g	0.000	1	--	0.000	0.000
18:4 1	g	0.000	1	--	0.000	0.000
20:2 n-6 c,c 1	g	0.000	1	--	0.000	0.000
20:3 undifferentiated 1	g	0.000	--	--	0.000	0.000
20:3 n-6 1	g	0.000	1	--	0.000	0.000
20:4 undifferentiated 1	g	0.000	1	--	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	1	--	0.000	0.000
22:4 1	g	0.000	1	--	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	1	--	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	1	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Fatty acids, total trans-monoenoic	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan 1	g	0.034	--	--	0.056	0.051
Threonine 1	g	0.086	--	--	0.142	0.130
Isoleucine 1	g	0.069	--	--	0.114	0.104
Leucine 1	g	0.103	--	--	0.170	0.156
Lysine 1	g	0.069	--	--	0.114	0.104
Methionine 1	g	0.034	--	--	0.056	0.051
Cystine 1	g	0.017	--	--	0.028	0.026
Phenylalanine 1	g	0.052	--	--	0.086	0.079
Tyrosine 1	g	0.103	--	--	0.170	0.156
Valine 1	g	0.086	--	--	0.142	0.130
Arginine 1	g	0.138	--	--	0.228	0.208
Histidine 1	g	0.034	--	--	0.056	0.051
Alanine 1	g	0.086	--	--	0.142	0.130
Aspartic acid 1	g	0.172	--	--	0.284	0.260
Glutamic acid 1	g	0.189	--	--	0.312	0.285

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Glycine ¹	g	0.086	--	--	0.142	0.130
Proline ¹	g	0.017	--	--	0.028	0.026
Serine ¹	g	0.103	--	--	0.170	0.156
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12i, 2008 Beltsville MD

Footnotes

^a Values based on analysis of cultivars grown in Florida.

^b Folate value based on the analysis of 5-methyltetrahydrofolate